

# RECOGNIZING TRAUMA TRIGGERS

## EMOTIONAL RESPONSES



SUDDEN, INTENSE EMOTIONS LIKE FEAR, ANGER, OR SADNESS CAN INDICATE A TRIGGER. YOU MAY NOTICE THESE EMOTIONS WITHOUT REASONS IN SPECIFIC SITUATIONS.

## PHYSICAL REACTIONS



SYMPTOMS LIKE NAUSEA, SWEATING, OR RACING HEART CAN SIGNAL A TRIGGERED RESPONSE. YOUR BODY MAY REACT BEFORE YOUR BODY PROCESSES WHAT'S HAPPENING.

## INTRUSIVE THOUGHTS



SOMETIMES TRIGGERS CAUSE MEMORIES, FLASHBACKS OR INTRUSIVE THOUGHTS RELATED TO THE TRAUMATIC EVENT MAKING YOU FEEL LIKE YOU ARE RELIVING IT.

## BEHAVIORAL CHANGES



CHANGES IN YOUR BEHAVIOR SUCH AS BECOMING WITHDRAWN, IRRITABLE OR HYPERVIGILANT (CONSTANTLY ON ALERT), COULD POINT TO BEING TRIGGERED.

## ENVIRONMENTAL CUES



CERTAIN PLACES, SOUNDS OR EVEN SPECIFIC TIMES OF THE YEAR CAN ACT AS REMINDERS OF THE TRAUMA AND TRIGGER EMOTIONAL OR PHYSICAL RESPONSES.

## RELATIONSHIP DYNAMICS



INTERACTIONS WITH CERTAIN PEOPLE OR BEING IN SPECIFIC SOCIAL SETTINGS MIGHT ACTIVATE TRAUMA-RELATED STRESS, ESPECIALLY IF THESE DYNAMICS MIRROR PAST TOXIC RELATIONSHIPS.

## SENSORY TRIGGERS



SENSORY CUES LIKE SIGHTS, SOUNDS, TASTE OR TEXTURES LINKED TO THE TRAUMA CAN TRIGGER UNEXPECTED REACTIONS SUCH AS PANIC, DISTRESS, OR FEAR.

## SITUATIONAL TRIGGERS



CIRCUMSTANCES OR EVENTS THAT REPLICATE ASPECTS OF THE ORIGINAL TRAUMA LIKE FEELING TRAPPED, FEELING LOSS OF CONTROL OR ARGUMENTS CAN BRING UP PAINFUL FEELINGS.